

HAMMER STRENGTH MTS



HAMMER STRENGTH MTS CHEST PRESS



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MOTION. TECHNOLOGY. SELECTORIZED.

Hammer Strength extends the same Motion Technology of its revolutionary plate-loaded machines to its Motion Technology Selectorized™ (MTS) equipment. Only Hammer Strength MTS incorporates the biomechanical integrity of patented Iso-Lateral® technology with the ease and convenience of selectorized weight stacks.

ADVANCED TECHNOLOGY...ENGINEERED FOR SIMPLICITY

- » Dual selectorized weight stacks preserve the integrity of independent arm or leg action, allow users to obtain more proportionate results, and add more strength-training variety to workouts.
- » Iso-Lateral® technology delivers the smoothest converging and diverging arcs of motion in the industry. This allows users to move both limbs at the same time, one at a time, alternating, or with different weights for each.
- » Short, direct transmission of resistance through a belt-drive system ensures smooth performance and premium durability.
- » Patented Iso-Lateral® technology replicates the body's natural movements and delivers the same biomechanical advantages of Hammer Strength plate-loaded machines.

STRENGTH IQ



FUNDAMENTAL



>> DEVELOPMENTAL



SPECIALIZED

DEVELOPMENTAL: Equipment designed for slightly more experienced users.



ISO-LATERAL
CHEST PRESS MTSCP

- 40" L x 68" W x 77" H (102 cm x 173 cm x 196 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 765 lbs (347 kg)



ISO-LATERAL
DECLINE PRESS MTSDP

- 39" L x 64" W x 66" H (99 cm x 163 cm x 168 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 755 lbs (342 kg)



ISO-LATERAL
ROW MTSRW

- 51" L x 62" W x 82" H (130 cm x 158 cm x 208 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 765 lbs (347 kg)



ISO-LATERAL
HIGH ROW MTSHR

- 47" L x 72" W x 77" H (119 cm x 183 cm x 196 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 780 lbs (354 kg)



ISO-LATERAL
INCLINE PRESS MTSIP

- 40" L x 68" W x 77" H (102 cm x 173 cm x 196 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 765 lbs (347 kg)



ISO-LATERAL
SHOULDER PRESS MTSSP

- 45" L x 62" W x 54" H (114 cm x 158 cm x 137 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 746 lbs (338 kg)



ISO-LATERAL
FRONT PULLDOWN MTSFP

- 48" L x 58" W x 80" H (122 cm x 147 cm x 203 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 793 lbs (360 kg)



ISO-LATERAL
BICEPS CURL MTSBC

- 38" L x 58" W x 59" H (97 cm x 147 cm x 150 cm)
- 100 lbs (50 kg) per stack
- Total Weight: 520 lbs (236 kg)



ISO-LATERAL
TRICEPS EXTENSION MTSTE

- 36" L x 52" W x 60" H (91 cm x 132 cm x 152 cm)
- 100 lbs (50 kg) per stack
- Total Weight: 580 lbs (267 kg)



ISO-LATERAL
KNEELING LEG CURL MTSKC

- 52" L x 56" W x 54" H (132 cm x 142 cm x 137 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 730 lbs (331 kg)



V-SQUAT MTSVS

- 96" L x 31" W x 79" H (244 cm x 79 cm x 201 cm)
- 390 lbs (195 kg) stack
- Total Weight: 750 lbs (341 kg)



ABDOMINAL CRUNCH MTSAB

- 28" L x 39" W x 56" H (71 cm x 99 cm x 142 cm)
- 150 lbs (75 kg) stack
- Total Weight: 530 lbs (241 kg)



ISO-LATERAL
LEG EXTENSION MTSLE

- 48" L x 57" W x 55" H (122 cm x 145 cm x 140 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 750 lbs (341 kg)

Frame Colors



Upholstery Colors



Frame Color Chart

KEY: ● Standard ○ Premium + Custom — Unavailable

COLOR	PLATE LOADED	BENCHES & RACKS	MTS	OLYMPIC HEAVY-DUTY
Platinum	●	●	●	●
White	●	●	●	●
Black	●	●	●	●
Ice Blue Metallic	●	●	○	—
Midnight Metallic	●	●	○	—
Nickel	●	●	○	—
Blue	●	●	+	—
Red	●	●	+	—
Yellow	●	●	+	—
Custom	+	+	+	—

Upholstery Color Chart

KEY: ● Standard ○ Premium + Custom — Unavailable

COLOR	PLATE LOADED	BENCHES & RACKS	MTS	OLYMPIC HEAVY-DUTY
American Beauty Red	●	●	●	○
Azure	●	●	●	○
Black	●	●	●	●
Cranberry	●	●	●	○
Graphite	●	●	●	○
Hunter Green	●	●	●	○
Regimental Blue	●	●	●	○
Royal Blue	●	●	●	○
Slate	●	●	●	○
Wheat	●	●	●	○
Burgundy	○	○	○	○
Candy Apple Red	○	○	○	○
Chestnut	○	○	○	○
Concord	○	○	○	○
Crocus	○	○	○	○
Dove Gray	○	○	○	○
Emerald	○	○	○	○
Grotto	○	○	○	○
Gun Metal	○	○	○	○
Imperial Blue	○	○	○	○
Jade	○	○	○	○
Navy	○	○	○	○
Northwoods Green	○	○	○	○
Paprika	○	○	○	○
Plum	○	○	○	○
Putty	○	○	○	○
Space Blue	○	○	○	○
Suede	○	○	○	○
Terra Cotta	○	○	○	○
Turquoise	○	○	○	○
Custom	+	+	+	+

Premium and custom frame and upholstery colors are available for an additional charge.

Actual frame and upholstery colors may differ from printed color samples shown.